

Nutrition Newsletter

Cayuga County Health & Human Services WIC Program Spring 2007

www.cayugacounty.us/hhs/doh/wic

Weaning and Cup Use

- How will you teach your baby to drink from the cup?
- What do you do about nipple feeding when he starts on solid foods?



Here is how you get from the nipple to the cup to the table:

- At first, give the breastfeeding or formula feeding before the solid foods. Your baby will like the spoon best if they are not hungry and wanting to nurse.
- After they learn to eat cereal from the spoon, give half the nipple feeding, then the cereal, then offer more nursing. They might be full and not want it. As you add other new foods, do it part way through the nipple feeding.
- Then start teaching them to use the cup. Offer the last of the breast milk or formula from the cup.
- Give snacks at set times between meals and at bedtime. Those might be a breastfeeding or formula feeding, but don't let them carry a bottle around. Soon they can eat grown up snacks. Have them sit down to eat.
- When they are eating table food and are a year, give them whole pasteurized milk in their cup instead of formula. At 2 years old switch to skim or 1% milk.

Starting juice: Wait to start juice until your baby can drink from a cup. Give diluted juice in a cup, not in a bottle. This is the time for starting to get off the bottle. Putting juice in the bottle keeps them on the bottle.

Source: Ellyn Satter, *Feeding in Primary Care Pregnancy through Preschool*. 2003 (p. 37)

How to feed your older baby solid foods.

Your baby will eat solid foods best when they feel they are involved in the process. It is best to wait to start solids until they can sit up, which will be around 4 – 6 months. Then they can open their mouth and lean forward when they want to eat and turn away and lean back when they don't. Let them touch their food and suck off their fingers, even if it makes a mess. That keeps them in control and lets them feed themselves. Never put cereal in their bottle.

Here is what to do when you feed your older baby:

- Have them sit up straight in a high chair. Don't have them leaning back, lying down or with a crooked neck.
- Sit right in front of the baby. Hold the spoon about a foot away from their mouth. Don't pry their lips open with the spoon.
- Feed the way they want to eat: little or much, fast or slow. Don't make them hurry up or slow down. Don't take away food before they are full.
- Look at the baby. Talk to them kindly and quietly. Answer them. Don't talk a lot, play, sing, watch TV.
- Stop when they show they are done, even after a taste on the lips or only one bite. Don't try to get them to eat more when they turn away, or fuss.
- Never put your baby to bed with a bottle full of formula, juice nor breast milk.

Source: Ellen Satter, *Feeding in Primary Care Pregnancy through Preschool*. 2003 (p.34)

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